

# BEYOND HUNGER

## SLOW ROASTED PORK LOIN

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*A large roast can seem a bit intimidating to some. But, with a little patience and an easy spice rub, it is simple to prepare and cook; plus, leftovers freeze beautifully. Best of all? You can cook it in a slow cooker or oven and the leftovers can be used to create new meals for later in the week.*

**Serving size:** ½ cup shredded pork

**Yields:** 15 servings

### Ingredients

#### Spice Rub

- 1 tbsp. salt
- 1 tsp. black pepper
- 1 ½ tsp. garlic powder
- 1 ½ tsp. onion powder
- 1 tsp. sweet paprika
- 1 tsp. cumin
- 2 tsp. mild chili powder (salt-free)
- ¼ tsp. cayenne pepper (optional)

#### Pork Loin

- 1 large pork roast (5 pounds), defrosted
- 3 tablespoons oil
- 1 large onion, peeled and chopped medium
- 1 tbsp. garlic (4 cloves), peeled and minced
- 2 cups low sodium chicken broth or water
- Optional add-ins: 1-2 tbsp. hot sauce or a 4 ounce can mild chilies

### Instructions

1. In a small bowl, mix all spices together.
2. Rub your spice mix all over the pork roast, cover and put back in the fridge for 4 to 24 hours.  
*Tip: Cut pork roast in half to make it easier to handle in next steps.*
3. Remove pork roast from the refrigerator 1 hour before cooking.
4. Pre-heat oven to 300° F (or set slow cooker to low).
5. Heat a pot (large enough to fit the roast) on high heat and add 2-3 tbsp. of oil.
6. Sear your seasoned pork roast in the pot until all sides are golden brown. A large set of tongs works well for flipping your roast to sear all sides.
7. Turn down heat to medium-high and add the chopped onion. Sauté for 10 minutes until onions are translucent. Adjust the heat if onions are browning too fast. Add chopped garlic and sauté for 1 minute until fragrant.
8. Add the broth or water and scrape up the browned bits at the bottom of the pan with a wooden spoon, while bringing everything to a boil.
9. Add your optional add-ins (hot sauce or mild canned chilies) and mix well
10. Lower temperature to low and simmer for a few minutes.
11. If using a pot, cover and transfer pork to oven. Cook for 3-4 hours. If using a slow cooker, transfer all ingredients and cook on low for 10 hours. The roast is done when you can easily pull it apart with a fork. The longer it cooks, the more tender and flavorful it will be, so be patient!
12. Shred meat with two forks. See below for serving ideas.

### Serving tips

The finished pork roast can now be used in a variety of ways:

- over rice to make pork bowls. Add beans, sliced avocado, sour cream, salsa, chopped onion and cilantro
- over pasta
- over egg noodles with sautéed mushrooms for an easy pork stroganoff
- with roasted or mashed potatoes
- in sandwiches with your favorite BBQ sauce as a pulled pork sandwich
- in tacos (both as is and refried in a non-stick pan to make it crispy)